



Amber's Super Stuffing

READY IN



30 min.

SERVINGS



8

CALORIES



567 kcal

SIDE DISH

Ingredients

- 4 tablespoons butter
- 2 cups celery diced
- 2.3 cups chicken stock see
- 4 cups corn bread stuffing mix
- 2 cups mushrooms fresh sliced
- 1 cup onion chopped
- 1 tablespoon poultry seasoning
- 0.3 cup rice wild

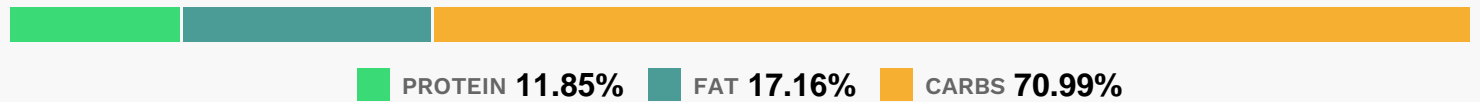
Equipment

- bowl
- frying pan
- sauce pan
- oven

Directions

- In a medium sized saucepan combine the chicken stock and the wild rice. Bring to a boil then reduce heat and let simmer until rice is tender.
- In a large skillet melt the butter.
- Add the mushrooms, celery and onion. Cook until the vegetables are soft.
- In a large bowl mix the cornbread stuffing and poultry seasoning.
- Add the rice and the vegetables and mix well. Use to stuff turkey or bake on its own. More chicken stock can be added if stuffing is dry.

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:2.62, Inflammation Score:-7, Nutrition Score:23.083913183731%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 567.3kcal (28.37%), Fat: 10.75g (16.53%), Saturated Fat: 4.87g (30.43%), Carbohydrates: 100g (33.33%), Net Carbohydrates: 94.86g (34.5%), Sugar: 12.66g (14.06%), Cholesterol: 18.26mg (6.09%), Sodium: 1826.25mg (79.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.69g (33.39%), Selenium: 60.95µg (87.06%), Folate: 224.73µg (56.18%), Vitamin B1: 0.77mg (51.33%), Vitamin B3: 9.21mg (46.06%), Manganese: 0.87mg (43.32%),

Vitamin B2: 0.67mg (39.29%), Iron: 5.14mg (28.54%), Phosphorus: 241.7mg (24.17%), Copper: 0.44mg (22.07%),
Fiber: 5.14g (20.54%), Magnesium: 67.07mg (16.77%), Potassium: 559.5mg (15.99%), Vitamin B6: 0.31mg (15.75%),
Calcium: 139.9mg (13.99%), Vitamin K: 13.53µg (12.88%), Zinc: 1.71mg (11.38%), Vitamin B5: 0.98mg (9.78%), Vitamin
A: 307.2IU (6.14%), Vitamin E: 0.75mg (5.03%), Vitamin C: 2.96mg (3.59%)